

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

A Publication of the Department of Community Resources and Services

Volume 10, No. 12 • December 2020

Get It Done Week Tackles Advance Planning Tasks

In these stressful and uncertain times, it can feel like there is so much that is out of our control. That's why it's important to lean in and take control of the things we can. Get It Done Week is an opportunity for Howard County residents to do just that. Making plans in advance for your healthcare and financial needs is the best tool we have to help prepare for the future.

Tiffany Callender, Program Director
Horizon Foundation

The Office on Aging and Independence (OAI), in partnership with the Horizon Foundation and the Coalition of Geriatric Services, presents **GET IT DONE WEEK** December 7-11, a series of virtual educational offerings that address advance care planning topics including caregiving, financial planning, assisted living, home care options, and more.

"Each educational session is followed by one-on-one appointments so participants can first learn about a topic, then discuss their situation with a subject matter expert," says OAI's Ofelia Ross-Ott, "The goal is to complete an advance planning task that helps 'get it done.'"

Overview of Get It Done Week

Financial and Long-Term Care Insurance Planning

Monday, December 7 • 10 a.m. to 4 p.m.

Advice on long-term care insurance planning, saving for retirement, and how to properly manage assets later in life.

Caregiving

Tuesday, December 8 • 9 a.m. to 1:30 p.m.

Highlights the Caregiver Support Program and available supports such as the National Family Caregiver Support Grant, one-on-one consultation, resources and ongoing education such as Powerful Tools for Caregivers.

Retirement Living, Assisted Care, and Other Housing Options as You Age

Tuesday, December 8 • 1:30 to 6 p.m.

Housing options as you age; why staying in your current environment may not be the best choice; how to navigate and pay for housing options at each stage of aging, based on support needs.

Health Insurance Basics

Wednesday, December 9 • 11 a.m. to 5 p.m.

How to navigate Medicaid and Medicare insurance; how to enroll; and placement opportunities available with private insurance.

Advance Care Planning

Thursday, December 10 • 9 a.m. to 1:30 p.m.

How to complete an advance directive on paper or electronically; how to upload existing documents so they're available electronically; understanding who you can name as your health care agent; and what to do if you don't have someone to name.

Conflict Resolution

Tuesday, December 10 • 2 to 6 p.m.

Examine ways to handle conflicts which may arise during the planning process.

Wills, Trusts, Powers of Attorney, and Estates

Friday, December 11 • 10 a.m. to 4 p.m.

Review your personal situation with an expert and learn the appropriate next steps to take to create your individual plan (meet with an attorney, complete an online form, etc.)

A full schedule of the week's activities, including instructions to schedule individual appointments, will be featured in the December issue of OAI's Virtual Offerings Guide and posted at www.howardcountymd.gov/aging. For more information about this program, visit speakeasyhoward.org/getitdone.

A Message from Howard County Executive

Calvin Ball



As the end of the year quickly approaches, we naturally tend to reflect on the challenges we've faced and what we've accomplished. Despite the challenges of 2020, there are still bright spots and hope for an upcoming year of renewal and reunion. Our community has continued to support one another when it matters most – checking in on neighbors and friends, buying groceries or offering a helping hand.

We can continue that spirit of giving throughout the coming months. For many of our residents, the upcoming holidays may be difficult as families stay apart to stay safe. We can help make the holidays brighter for our neighbors by giving back through **Project Holiday**. Residents can drop off new gifts at three locations for families in need and low-income older adults who reside in assisted living facilities and in the community. Let's share the spirit of generosity and kindness that has helped us through this year.

While we still face an uphill battle to slow the spread of COVID-19, there are many ways to stay engaged this winter from the comfort and safety of home. Our 50+ centers now offer many activities online; be sure to read through the December **Virtual Offerings Guide** for ideas to stay active and connected this month, including the 50+ virtual fitness pass. The monthly pass is a great value and provides unlimited access to a wide variety of fitness classes for all levels. Visit www.howardcountymd.gov/aging for details or call 410-313-5440 to enroll.

However you choose to spend your holidays, please continue to wear a mask, wash your hands frequently, and practice physical distancing. We want all our residents to remain safe and healthy.



2020 PROJECT Holiday

CONTACTLESS DONATION SITES:

- 1) **Department of Community Resources and Services**
9830 Patuxent Woods Dr., Columbia 21046 • 8:30 a.m. to 4:00 p.m.
- 2) **Elkridge 50+ Center**
6540 Washington Blvd., Elkridge 21075 • 8:30 a.m. to 4:00 p.m.
- 3) **Ellicott City 50+ Center**
9401 Frederick Rd., Ellicott City 21042 • 10:00 a.m. to 1:30 p.m.

Donate **new gift items for low-income seniors** who reside in assisted living facilities and in the community, and/or **new gifts (including books and toys) for families in need** with children ages 0 to 5 years old. Financial donations can be made by calling 410-313-5956.

FOR MORE INFORMATION

Tené Young — Office on Aging and Independence
410-313-5956 (VOICE/RELAY) • tyoung@howardcountymd.gov

Erica Taylor — Office of Children and Families
410-313-1483 (VOICE/RELAY) • etaylor@howardcountymd.gov

Donations will be accepted through December 7, 2020.

50+ Fitness Pass Offers Value and Variety!

In response to the coronavirus pandemic, the Office on Aging and Independence (OAI) introduced and expanded its virtual 50+ center model as a way for Howard County's older adults to stay engaged, connected and active while centers remain closed. During the winter months, participating in virtual programs on a regular basis is a great way to avoid feeling socially isolated while staying indoors.

Staying home doesn't have to mean giving up your fitness routine. In addition to a variety of free classes, OAI's monthly virtual fitness class pass (\$50/month) includes access to more than 20 different exercise classes for all levels, including seated strength and balance, Pilates, Yoga, Zumba® Gold, Kickboxing and more! Those who participated in person at 50+ centers will find many virtual classes led by their favorite instructors.

Fitness pass holders can participate in as many exercise classes as they like using a laptop, tablet or personal computer via Webex, all from the comfort of their own homes. To participate in the fitness pass program, you must join or already be a member of a Howard County 50+ center. To join a center or sign up for a fitness pass, call 410-313-1400 or 410-313-5440 (voice/relay) weekdays between 10 a.m. and 2 p.m.

In addition to the fitness pass, OAI will continue to offer a wide variety of free virtual programs every month, including exercise classes, Korean line dancing, Let's Cook, Let's Get Social, Let's Learn, and SeniorsTogether programs. View the December Virtual Offerings Guide at www.howardcountymd.gov/aging for details.





A VIRTUAL WELLNESS WEBINAR THE EMPTY CHAIR AT THE HOLIDAYS

Wednesday, December 2
11:00 to 11:50 pm

Join the SeniorsTogether program for an interactive discussion on the challenge of grief and loss during the holidays. Learn coping strategies and ways to celebrate the memory a loved one.

Contact: **KAREN HULL**
khull@howardcountymd.gov • 410-313-7466 (VOICE/RELAY)



Howard County Office on Aging and Independence

Department of Community Resources and Services

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

9830 Patuxent Woods Drive, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  www.facebook.com/HoCoCommunity

Kim Higdon Henry, Editor • Email: kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.

2020 Virtual 50+ EXPO



PRESENTED BY





KEYNOTE SPEAKER



Ken Dychtwald, PhD,
a national expert on aging
and author of the new book,
What Retirees Want

This online event will feature a variety of expert speakers on health and financial topics; engaging classes; entertainment; and informative exhibits. The 50+ EXPO runs through January 31, 2021. You can visit all programs at any time during the three month event.

www.beacon50expo.com